

1-31-1902

# The Cedarville Herald, January 31, 1902

Cedarville University

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## Recommended Citation

Cedarville University, "The Cedarville Herald, January 31, 1902" (1902). *The Cedarville Herald*. 216.  
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Robert Fitzsimmons  
Who in the English  
has not marvelled at the  
of this man as a pug-  
middle weight (155 lbs.)  
his way from the blacks  
a kingpin in the athletic  
other source of wonder  
though in his fortieth  
assess the youthful vigor  
and dash of a man half  
izing that most athletic  
thirty and other men at  
at that age, one would  
tion, "How does he do  
method does he employ  
tion is fully answered  
"Physical Culture and  
The means that gave  
strength, speed and  
carry him to victory  
contests are simply an  
ingly explained.

In the introduction,  
his publisher and staun-  
this to say of the ex-  
"A man of temperate  
dict rules for the mo-  
life, the only trait for which  
ery could criticize him is  
bounded generosity. He is  
a shining God-fearing man  
and a model husband and  
father."

Commenting on his  
ties, Mr. Biddle says:  
"It is an acknowledged  
most athletes, trainers at  
have known Robert Fitz-  
simmons has twice more  
able to reverse and better  
ting and for the care of the  
other living man. His the-  
knowledge of anatomy is  
unusually accurate. It is a  
know how certain famous  
stated that Fitzsimmons is  
more into action than any  
man. In fact, they knowledg-  
edly living are such that he is  
ready. They say they have  
more in the way of knowl-  
edge than him than they could  
even though his theories were  
of theirs."

The author is very en-  
visaging against too much  
exercise, claiming it de-  
that are no earthly use in  
siring all-round strength  
of hard muscle bind the  
vies and tug at the very  
thus shortening life. He  
"A middle-aged man  
and sound in body and  
unusually as a graceful  
woman. Take him away from  
fession and he is all at sea."

He advocates the use  
bells, Indian clubs, the  
or some physiological ex-  
apparatus, but is emphatic  
that it must be persisted  
day. That to breathe p  
most essential feature in  
Fitz is a father and  
close study of child health  
opment and his chapter  
is worth the price of the  
chapter on school exercise.  
In fact it is a book of sug-  
hess and good sense that  
grace a shelf in every li-  
the buying committee of  
will add this book their  
will confer on the patro-  
more practical benefit to  
volumes of fiction.

He extols boxing as the  
fect of exercises to de-  
muscle, agility and sym-  
nique. Of boxers as a class  
"They know their power  
to be incredible; they are ex-  
and not fear danger; they are  
and therefore lovable. Why  
they advance the science of  
brooks no obstacles; when  
they hold their peace."

To the young boxer he  
of a advice in one terse  
can be applied to any v  
"Take your chance when  
bit from where your hand  
His chapters on the  
fences are full and  
With a score or more  
from photographs he de-  
rect positions, best b  
fences and all the tric  
and it would be a d  
who could not read  
boxing after studying  
it is without question  
on the subject that he  
There are also chap-  
different newspaper  
failed accounts of the  
pal battles.  
[Philadelphia: Drexel  
cloth, \$1.50.]

Turned the Laugh  
Sir Wemyss Reid  
returned from Ame-  
friendly bout with M  
the dinner table an-  
torious.

Mark Twain was  
myses on the vagar  
pronunciation. "Y-  
B-e-a-u-t-i-f-u-l-a-m-p  
Marchbanks," he said  
"And you do pre-  
thing," replied Sir  
"What do you me  
Twain.  
"Well, you spe-  
C-l-e-m-e-n-t-i-n-e and y  
Twain."—London G

Her Ideal  
Rudyard Kipling  
against himself: I  
tented to a young  
immediately began  
whose eyes were  
that he felt comp-  
were ill or if an  
matter. Kipling







